

GRAPE AND CASHEW SALAD SANDWICH

The creamy and tangy goodness of low-fat cottage cheese is the perfect balance to sweet grapes and cashews. Enjoy this salad as a sandwich filling or on a bed of lettuce.

Preparation time: 15 minutes

Serves: 4

INGREDIENTS:

- 1 cup low-fat cottage cheese
- 1½ cups red grapes, quartered
- 1 stalk celery, chopped
- ¾ cup dry roasted cashews, unsalted, coarsely chopped
- · Ground black pepper to taste
- · 2 tbsp fresh parsley, chopped
- 8 lettuce leaves
- · 8 slices whole-grain bread

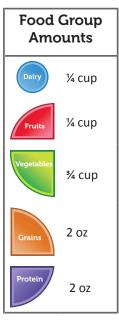
DIRECTIONS:

- 1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
- 2. Toast bread and build sandwiches following steps 3 and 4.
- 3. Spread ¼ salad mix on 4 of the bread slices.
- 4. Add two lettuce leaves to each sandwich; top with 2nd bread slice.

Serving Suggestions:

Serve with a side of raw baby carrots (about $\frac{1}{2}$ cup) and 1 cup of sparkling water w/ lemon wedge.





Nutriti Serving Size (2 Servings Per C	251g)		cts
Amount Per Servin	g		
Calories 380	Calor	ries from	Fat 140
		% D	aily Value*
Total Fat 16g			25%
Saturated Fat 3.5g 18 th			18%
Trans Fat 0g			
Cholesterol 5mg 29			
Sodium 430mg 18			18%
Total Carbohydrate 45g 15%			
Dietary Fiber 6g 24%			
Sugars 16g			
Protein 19g			
Vitamin A 80%	•	Vitamin	C 15%
Calcium 15%	•	Iron 20%	6
*Percent Daily Value diet. Your daily value depending on your of Ca	s may b	e higher or	
Total Fat Le Saturated Fat Le Cholesterol Le	ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg

Recipe Submitted by Produce For Better Health Foundation



